Slp_cat.csv dataframe

Description:

A team of sleep researchers sought to study the effects of a 6-week sleep intervention aimed to improve participant's sleep hygiene. Sleep hygiene encompasses a variety of practices and habits that are necessary to have good nighttime sleep quality and full daytime alertness. The team formulated three different versions of the intervention. The first version (condition 1) provided participants with a self-help book on the topic of sleep hygiene. The second version (condition 2) brought participants together once per week in groups of 10-12 to teach the principles of sleep hygiene in a classroom setting. The final version (condition 3) also used the group-based classroom setting of condition 2, but in addition, each participant's partner was invited to also take part in the group sessions. Six-hundred male and female adults living with an intimate partner and suffering from a sleep disorder were recruited to take part in the study, the participants were randomly assigned to one of the three conditions.

sex: Sex of the participant. Values = *Male or Female*

cond: Condition the participant were assigned to. Values = *cond_1, cond_2, or cond_3*

prior: Whether the participant has participated in a sleep intervention previously or not. Values = *No_int or Prev_int*

sleep: A categorical indicator of whether the participant had good sleep or bad sleep during the course of the intervention. Values = *Bad_sleep or Good_sleep*